

Air Force unveils new fitness program

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RANDOLPH AIR FORCE BASE, Texas - Approval of the new Air Force fitness instruction in the coming weeks brings about some of the most significant changes to the Air Force fitness program in the last five years and shifts a greater responsibility of maintaining physical fitness 365 days a year to all Airmen. Those changes take effect Jan. 1.

In June, Air Force Chief of Staff Gen. Norton Schwartz announced changes to the service's fitness program following an audit that identified inconsistencies in fitness testing that failed to create a culture of fitness required to meet the warfighting demands on today's Airmen.

"I take fitness seriously, and so should you," Chief Master Sgt. of the Air Force James Roy said. "The new Air Force fitness test is coming soon and will incorporate significant changes aimed at creating a continuous culture of fitness."

Chief Master Sgt. Mark Long, the Air Force's enlisted promotions, evaluations and physical fitness chief, also underscored the importance of fitness in maintaining that combat capability while at the same time advising that Airmen shouldn't wait until the new year to begin preparing for the changes.

"The culture of fitness that began with earlier endeavors intended to prepare Airmen to be 'fit to fight' established a sound foundation to build upon," said Chief Long. "We've come a long way in the last five years, only now it's time to incorporate changes that will bring about not only increased fitness but greater clarity and understanding for both commanders and Airmen."

Some of the significant changes outlined in the new Air Force Instruction 10-248, *Fitness Program*, include the testing frequency, establishment of fitness assessment cells to proctor tests, and increased emphasis on the aerobic component in scoring. The instruction is expected to be signed and approved by the Air Force chief of staff in the coming weeks.

Until then, Airmen can learn more about some of those changes on the horizon and view the approved fitness charts and other valuable fitness related information at the Air Force fitness program website at www.afpc.randolph.af.mil.